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CLAIMS

We claim:

1. A training aid comprising:
an eyeglass frame having a pair of transparent lenses,
each lens having an upper and lower region; and
an opaque layer of film adhering to each of said
transparent lenses, the opaque layer of film on
at least one of said lenses covering at least
part of the lower region thereof while leaving at
least a portion of the upper region thereof
uncovered and transparent.
2. A training aid according to claim 2, in which the
opaque layer of film on each lens covers at least part of
the lower region thereof while leaving the upper region
thereof uncovered and transparent.
3. A training aid according to claim 2, in which
said opaque layers are peelable from said lenses.
4. A training aid according to claim 2, in which
said opaque layers adhere to said lenses by electrostatic
attraction.
5. A training aid according to claim 2, in which
each said lens has a lower edge, and in which each of said
film layers has a width extending from a rightmost part
thereof to a leftmost part thereof, and a lower edge
extending across substantially the entire width of the film
layer, the lower edge of each film layer conforming in
shape to, and coinciding with, the lower edge of the lens
to which it adheres.

6. A training aid according to claim 5, in which each of said film layers has an upper edge extending across substantially the entire width thereof, said upper edge being convex upwardly, whereby the film layers obscure a vertically higher portion of the central part of the visual field than of the left and right portions of the visual field.

7. A training aid comprising a sheet having a backing layer and a plurality of pairs of opaque layers of film supported thereon and peelable therefrom, the opaque film layers of each pair having a width extending from a rightmost part thereof to a leftmost part thereof, a downwardly convex lower edge extending across substantially the entire width of the film layer, and an upwardly convex upper edge, wherein the radii of curvature of all portions of the lower edge of each said opaque layer are greater than the radii of curvature of all portions of the upper edge thereof.

8. A training aid according to claim 7, in which the width of each of the opaque film layers of one of said pairs on said sheet is greater than the width of each of the opaque film layers of another of said pairs on said sheet.

9. A training aid according to claim 7 in which the height of each of the opaque film layers of one of said pairs on said sheet is greater than the height of each of the opaque film layers of another of said pairs on said sheet.

10. A training aid according to claim 7, in which the height and width of each of the opaque film layers of one of said pairs on said sheet are greater respectively than the height and width of each of the opaque film layers of another of said pairs on said sheet.

11. A training aid according to claim 1, in which the opaque layer of film on said at least one of said lenses covers substantially the entire width of the lower region, and right and left portions of the upper region thereof.

12. A training aid comprising:
an eyeglass frame having a pair of transparent lenses,
each lens having an upper and lower region, the
lower region of each lens being defined in part
by a lower edge of the lens; and
a sheet having a backing layer and a plurality of
pairs of opaque layers of film supported thereon
and peelable therefrom,
the opaque film layers of each pair having a width
extending from a rightmost part thereof to a leftmost part
thereof, and a lower edge extending across substantially
the entire width of the film layer, the lower edges of the
opaque layers of film of each said pair conforming in shape
respectively to the lower edges of said transparent lenses.

13. A training aid according to claim 12, in which
the width of each of the opaque film layers of one of said
pairs on said sheet is greater than the width of each of
the opaque film layers of another of said pairs on said
sheet.

14. A training aid according to claim 12, in which each of said opaque film layers has an upper edge extending across substantially the entire width thereof, said upper edge being convex upwardly, and in which the height of each of the opaque film layers of one of said pairs on said sheet is greater than the height of each of the opaque film layers of another of said pairs on said sheet.

15. A training aid according to claim 12, in which each of said opaque film layers has an upper edge extending across substantially the entire width thereof, said upper edge being convex upwardly, in which the height and width of each of the opaque film layers of one of said pairs on said sheet are greater respectively than the height and width of each of the opaque film layers of another of said pairs on said sheet.

16. A method of training an individual in fielding baseballs using a glove, wherein baseballs are repeatedly projected at, and caught by, the individual in said glove while the central part of the lower portion of the individual's field of vision is obscured, whereby the individual is trained to follow each baseball visually along the entire path of travel of the baseball to the individual's glove.

17. The method of training according to claim 16, wherein parts of the individual's field of vision to the right and left of said central part of the lower portion of the individual's field of vision are also obscured, but the heights of the obscured right and left parts of the individual's field of vision are less than the height of

the obscured central part of the individual's field of vision.

18. The method of training according to claim 16, wherein, after baseballs are repeatedly projected at, and caught by, the individual in said glove while the central part of the lower portion of the individual's field of vision is obscured, the height of the obscured central part of the individual's field of vision is reduced, and further baseballs are thereafter repeatedly projected at, and caught by, the individual in said glove while the obscured central part of the individual's field of vision is obscured to a reduced height.

19. The method of training according to claim 16, wherein, after baseballs are repeatedly projected at, and caught by, the individual in said glove while the central part of the lower portion of the individual's field of vision is obscured, the width of the obscured central part of the individual's field of vision is reduced, and further baseballs are thereafter repeatedly projected at, and caught by, the individual in said glove while the obscured central part of the individual's field of vision is obscured to a reduced width.

20. The method of training according to claim 16, wherein, after baseballs are repeatedly projected at, and caught by, the individual in said glove while the central part of the lower portion of the individual's field of vision is obscured, the height and width of the obscured central part of the individual's field of vision are both reduced, and further baseballs are repeatedly projected at, and caught by, the individual in said glove while the

obscured central part of the individual's field of vision is obscured to a reduced height and width.

21. The method of training according to claim 16, wherein parts of the individual's field of vision to the right and left of said central part of the lower portion of the individual's field of vision are also obscured, but the heights of the obscured right and left parts of the individual's field of vision are less than the height of the obscured central part of the individual's field of vision, and wherein, after baseballs are repeatedly projected at, and caught by, the individual in said glove while the central part of the lower portion of the individual's field of vision and parts of the individual's field of vision to the right and left of said central part are also obscured, the heights of the obscured parts of the individual's field of vision are reduced, and further base balls are thereafter repeatedly projected at, and caught by, the individual in said glove while the obscured parts of the individual's field of vision are obscured to a reduced height.